DOCUMENT RESUME

ED 438 497 CG 029 788

AUTHOR	Trail, Dena G., Ed.
TITLE	How To Get through the First 21 Years: A Parent Resource Guide. Third Edition.
INSTITUTION	Montgomery County Community Partnership, Rockville, MD.
PUB DATE	2000-01-00
NOTE	42p.
PUB TYPE	Guides - Non-Classroom (055) -- Reference Materials - Directories/Catalogs (132)
EDRS PRICE	MF01/PC02 Plus Postage.
DESCRIPTORS	Alcohol Education; *Child Rearing; Drug Education; Elementary Secondary Education; *Health Education; Parent Child Relationship; Parent Education; *Parent Materials; Parent Participation; *Resource Materials; *Substance Abuse
IDENTIFIERS	*Maryland (Montgomery County)

ABSTRACT

A comprehensive guide to parenting resources in Montgomery County (Maryland), this publication is divided into four chapters. "Getting More Involved with Your Child" focuses on communication, inexpensive ways to have fun, parent involvement techniques, and suggested party tips with information about the legal consequences of serving alcohol to minors. "Raising a Drug-Free Child" discusses how to teach your child skills for resisting drugs and alcohol, including how to use your "parent power" and "teachable moments." "How to Get Your Child the Help He or She Needs" tells how to recognize signs of drug use and what to do if your child is high, stoned, or drunk. Treatment programs and other assistance are identified. The final chapter, "Where To Find the Help You Need," contains specific referrals for crisis situations, health matters, and other services for families. Each chapter offers advice on child rearing followed immediately by a listing of related community resources from YMCA classes to local events and local parent newsletters. (GCP)

Reproductions supplied by EDRS are the best that can be made
from the original document.

ED 438 497

How to Get Through the First 21 Years
3rd Edition

U.S. DEPARTMENT OF EDUCATION
Office of Educational Research and Improvement
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

☐ This document has been reproduced as received from the person or organization originating it.

☐ Minor changes have been made to improve reproduction quality.

• Points of view or opinions stated in this document do not necessarily represent official OERI position or policy.

"PERMISSION TO REPRODUCE THIS MATERIAL HAS BEEN GRANTED BY

D. TRAIL

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

CG029788

BEST COPY AVAILABLE

A
Parent
Resource
Guide

How to get through the first 21 years.

CG029788

A Project of the

Montgomery County Community Partnership

January, 2000

3rd Edition

PLEASE NOTE: The Montgomery County Community Partnership does not endorse the services in this Parent Resource Guide, nor assume legal responsibility resulting from use of these services. This Parent Resource Guide is not intended to reflect all available resources to parents in Montgomery County, but is designed to serve as a handy resource for parents, youth, and families. Agencies listed provide services on a sliding scale and/or for free. Please check with individual agencies before obtaining services. Your comments about the usefulness of the Parent Resource Guide are welcome.

The
Parent Resource Guide
from

Montgomery County Community Partnership

We are a coalition of public and private organizations and individuals who seek to reduce the problems related to alcohol, tobacco, and other drug abuse.

The Partnership's Prevention Center provides prevention information and referral. The Prevention Center has over 700 videotapes, over 600 books, and many brochures, pamphlets, and posters.

Most services are free.

Join us! Call or write:

Montgomery County Community Partnership
4915 Aspen Hill Road, Rm. #7
Rockville, Maryland 20853
Phone: 301-929-8550

Douglas B. Tipperman, LCSW
Executive Director

3rd Edition
January, 2000
Edited by Dena G. Trail, M.A.Ed., C.P.S.

Parent Resource Guide

Contents

Page

Chapter I: Getting More Involved With Your Child 3

Families, Kids, and Communication 3
Resources: Fun 5
Parent Involvement Techniques 7
Resources: Parenting Classes for Strengthening Families 10
Suggested Party Tips / Legal Consequences. 12
Resources: Student Assistance Program 14

Chapter II: Raising a Drug-Free Child 15

Teaching Skills for Resisting Drugs and Alcohol 15
Resources: Prevention of Use/Abuse of Alcohol, Tobacco, and Other Drugs 16
Parent Power: Using Teachable Moments 17
Resources: Children's Clubs and Organizations 18
Ten Ways to Help Your Child Say No 18

Chapter III: How To Get Your Child the Help He or She Needs 19

Signs of Drug Use 19
When a Kid is High, Stoned, or Drunk 20
Resources: Helplines for Parents (not 24-hour) 21
Treatment Programs Available 22
Getting Assistance 22
Resources: Counseling, Therapy, and Treatment Services 23

Chapter IV: Where To Find the Help You Need 27

As a parent:
Child Care 27
Tutoring and Mentoring Programs 27
Resource Centers, Service Centers, and Libraries 28
Single and Divorcing Parents 28
Women's and Mothers' Services 29
Men's and Fathers' Services 29
Self-Help and Support Groups 30
Services for Families: Living With a Person Who Has a Disability 32
Services in Languages Other Than English 33

In Crisis Situations:
Hotlines and Helplines / Crisis Counseling 34
Abused Persons, Children, and Spouses 34
Bereavement, Death, and Dying 35

With Health Matters:
Health Services 36
Housing and Shelter 37

Published by
the Montgomery County Community Partnership
January, 2000 – 3rd Edition

Permission to copy granted

Chapter I:

Getting More Involved With Your Child

Families, Kids and Communication

There is no "normal" family. All parents make "mistakes" or do or say the "wrong thing." This is especially true when periods of stress, crisis, or transitions from one stage (such as childhood to adolescence) to another occur. Families then need to strive to find new ways of coping, new rules, and new relationships with each other.

Characteristics which are important in coping are:

Flexibility: Ready capability to adapt to new, different or changing requirements

Values: Values about life, rights of others, personal responsibility, loving, and caring are communicated consistently by parents and other concerned adults.

Authority: Children can predict what will happen in their lives – parents establish reasonable expectations and guidelines for their children and reasonable ways of exerting authority.

Communication: Effective communication is marked by careful and open listening, an ability to accept reasonable feelings of one another, respect for confidentiality, fairness, an ability to disagree and seek alternative solutions, and an ability to disclose personal feelings.

Caring: Caring is often affectionate, warm and empathic (i.e. hugs and expressions of love). Caring can also be tough, strong and demanding (i.e., rules, expectations, punishment, and consequences).

When families are unable to find successful ways to work out problems, communication in the family breaks down; issues of trust become paramount and family rules for conduct and behavior become stretched and

tested. For many adolescents, the family and parents become a threat to their struggle for independence and autonomy.

Reasonable efforts to establish rules become overturned by a game of "one-upmanship" between parents and children. Sides are drawn, frustration escalates. Experimentation with alcohol and other drugs may be used by the adolescent as an act of defiance. This experimentation may include exhibiting other unhealthy behaviors out of frustration. Over-eating, sexual activity, and unsafe driving practices are all examples of behaviors that are detrimental to your child's well-being. They may also be used by parents as a way of coping.

Where do kids get drugs or alcohol? From your own liquor cabinet; from old prescriptions left in your medicine cabinet; from older peers, brothers, sisters, dealers or parents. They may also purchase over the counter drugs such as diet pills, cough medicine and other drugs.

What happens to the family characteristics?

Flexibility: is replaced by rigidity.

Values: Values of parents and values of children become a battlefield. In an effort to assert autonomy and independence, children may take extreme measures.

Authority: Authority no longer holds. Parents lose reasonable controls. The assumption of control by kids becomes marked by manipulation. Patterns of predictability fall apart. Each event becomes a source of tension.

Communication: Communication becomes increasingly negative. Frustration and anger escalate. Trust becomes replaced by accusation. In an effort to survive, parents and children isolate themselves from each other. The ability to disclose personal feelings becomes too difficult to risk. Fear of being "hurt" becomes the guiding rule.

Caring: When frustration and anger lead to the point of "not caring", effective solutions to problems between parents and children are elusive--frequently, solutions cannot be found.

Being a parent is one of the most important jobs anyone can have. However, it is also one of the only jobs you are expected to do without any training or preparation. Schools don't provide "parenting classes" or B.A.'s in Parenting. Help is available if you find yourself in a situation that is unfamiliar. Preparing yourself for some of these natural changes can help you avoid problems later. Realize that transitions will occur and keep in mind your own feelings as an adolescent. Remember that, as a parent, you are the role model for healthy behavior patterns. Your advice and interactions are reinforced by the behavior you exhibit for your child. With open communication, understanding and a lot of patience, you too can survive being a parent.

Resources:

Fun

Adventure Theater, Glen Echo Park
301-320-5331
Year-round theatrical children's productions, at Glen Echo Park and in schools.

Aquatics Program, Montgomery County Recreation Department
240-777-6860
Three indoor pools and four outdoor pools in the county.

Brookside Gardens
301-962-1401
Large greenhouse and extensive gardens. Open all year.

Brookside Nature Center
301-946-9071
Nature programs for all ages, including live animal displays and nature trails.

Department of Recreation Teen Line
240-777-5399
Information about Under 21 activities and events for middle school and high school students throughout Montgomery County.

Glen Echo Park
301-492-6282
Offers art classes, a carousel, dances and dance lessons, play and other events for children.

McCrillis Gardens and Gallery
301-365-1657
Five-acre garden with 750 varieties of azaleas, 300 varieties of rhododendrons, and an art gallery.

Montgomery County Department of Recreation Community Centers
These centers offer activities for children, teens, and adults.

Bauer Drive Community Center, Rockville	301-468-4015
Clara Barton Community Center, Cabin John	301-229-0011
Good Hope Community Center, Silver Spring	301-989-1210
Leland Community Center, Chevy Chase	301-652-2249
Longwood Community Center, Brookeville	301-570-1200
Plum Gar Community Center, Germantown	301-601-0966
Potomac Community Center, Potomac	301-983-4471
Rosemary Hills Community Center, Silver Spring	301-565-7308
Ross J. Boddy Community Center, Sandy Spring	301-570-1204
Scotland Community Center, Potomac	301-983-4455
Upcounty Community Center, Gaithersburg	301-840-2469

Montgomery County Youth Orchestras Association
301-654-2018
Three youth orchestras schedule a concert season. For students in fourth through twelfth grades.

National Capital Trolley Museum
301-384-6088
Collection of antique trolleys, trams, and streetcars.

Olney Theater
301-924-3400
Many plays are offered that are appropriate for families; staff will give information about age range suggested for each play. Acorn Family Project offers performances geared to ages 4 and up.

Rockville City Department of Recreation and Parks
301-309-3340
Provides a swim center (309-3040), a golf course, a sports and athletic program, a teen club, day care program, performing arts, summer day camps and playground programs, and a variety of classes for adults, teens, and children. Open to residents of the City of Rockville and county residents.

Round House Theatre
301-933-9530
Plays for adults and children. Trains children, teens, and adults in performing arts. Traveling educational productions for children deal with issues such as prejudice and alcohol and drug use prevention and are performed in schools.

School for the Performing and Visual Arts, Jewish Community Center
301-881-0100
Dance, theater, music, and art classes for children and adolescents.

Strathmore Hall Arts Center
301-530-0540
Art shows, special events, concert series, and a resource guide to the arts in Montgomery County.

Things 2 Do
Website address: http://www.things2do.org

YMCAs of Montgomery County
Classes for all ages including sports and summer camp.

Bethesda-Chevy Chase YMCA:	301-530-3725
Silver Spring YMCA:	301-585-2120
Upper Montgomery County YMCA:	301-948-9622

Parent Involvement Principles

Athletic events - Show support for your child by attending his/her games. If he or she is not on a team, enhance your parent-child time and show school support by attending events anyway.

Attendance - Make sure your child attends school regularly and is on time. If your child is not in school, they cannot learn from the teacher. Special provisions can be arranged for children with chronic illnesses.

Availability - Be available to listen to your child read, guide them through their homework, listen and talk. Spend time with your child at all stages of schooling, keeping the lines of communication open.

Basic necessities - Be sure your child eats a balanced diet and comes to school well-fed, in clean clothes, on a clean body.

Board meeting attendance - Attend at least one Board meeting each year. Board members represent you and the community. Public participation is encouraged at meetings, so take the opportunity to express your concerns. Remember, the line of command for voicing specific complaints is: teacher, principal, central office, then the Board.

Booster clubs (music, athletic, etc.) - Donate your time and money to one of the various booster clubs helping support your child's activities at school.

Chaperon - Be available as a chaperon for field trips, school dances, or other activities involving your child.

Chauffeur - Take advantage of the time you spend driving your child to and from events to develop a special relationship with him or her. Look at this major consumption of time as an opportunity, rather than a drudgery.

Chores - Give your child responsibilities at home. Children who have everything done for them at home often go into shock at school when the teacher cannot, or will not, do for them what they are capable of doing for themselves.

Class volunteer - Volunteer to work specifically for your child's class. If you don't know what you can do to help, just ask your child's teacher what you can do. The task might be as simple as saving milk cartons for a class project, but the teacher is sure to be grateful.

Clinic volunteer - Volunteer to staff your school's clinic. This may require getting training in first aid, but the training can be invaluable to you as a parent.

Conferences - Make time to attend parent-teacher conferences. While this is often difficult, the sacrifice is well worth the effort. Also, don't hesitate to call your child's teacher any time during the school year.

Enriching activities - Make outside activities available to your child that complement his or her unique qualities and contribute to his/her total development. Examples of these activities are lessons in dance, gymnastics, music and/or art.

Extracurricular activities - Encourage your child to get involved in extracurricular school activities. Many of life's important lessons are learned on a team or in an independent sport in which self-discipline is mastered.

Family rules - Make sure that your rules are explicit and understood. Knowing the boundaries gives a child a sense of security. Make sure that rules are reasonable and compatible with your child's developmental level, and that discipline is appropriate, consistent, and **never** abusive.

Festival support - Help at your elementary school's festival. It's fun and a good way to meet other parents. If you can't staff a booth or be present, you can still help by providing a bake-sale or craft item.

Handbook - Read and review with your child the rules and procedures listed in your school's student and parent handbooks.

Homeroom parent - Volunteer to serve, or at least be available when needed, as a homeroom parent to assist the teacher with various activities.

Homework - Provide a designated time and place for your child to complete his/her homework. Be available to answer questions and provide assistance and guidance, but **never** do the homework for your child.

Menu review - Evaluate the school menu and discuss proper food choices with your child. Proper diet is an important health factor. Provide a packed lunch if necessary to insure proper nutrition as well as healthy, low-fat, high-fiber snacks at home.

Morals/values training - Teach specific morals and values to your child. Assume that this is one of your responsibilities as a parent. A public school teacher is not allowed to talk about religion since most parents would not want a teacher to instill his/her religious views on their children.

Open house - Attend your child's annual school open house. Teachers find out early in the year which parents are going to be involved by noting who attends these meetings. It's important for you to be there to let your child's teacher know you are interested in your child's education and want to be involved.

Parent/Teacher Association (PTA) membership - Join the PTA at your school, as a bare minimum. Your name on the membership roles shows concern and support for the school. Ideally, you should get directly involved to have an effect on your school. The PTA provides a chance to work directly with the staff and administration in an informal setting.

Permanent record - Make an appointment with the principal at least once during your child's school experience to find out what is in your child's permanent record. (Both custodial and noncustodial parents have access to records.) You may petition to have entries removed if you consider them detrimental to your child.

Program attendance - Attend all school programs in which your child participates, or send another significant adult in your place if you cannot attend. Children are proud of their accomplishments and enjoy sharing them not only with their parents, but also with extended family members, such as grandparents, aunts and uncles.

Progress report check - Check in the student-parent handbook to determine if and when progress reports are available between grading periods. Knowing when to expect these - and whether they are to be hand delivered by your child or mailed - can help you keep tabs on your child's progress and encourage him/her to improve a grade while there is still time. Take action if your child is consistently having difficulty with homework or expresses concern about a class. Communicate with the school staff and your child.

Rules awareness - Become familiar with all school rules, including those for the bus, the classroom, and the school in general. If you are not routinely given these rules, ask for them.

Sales campaigns - Almost every school conducts fund-raising campaigns. If you do not want your child to participate, consider making a donation to the cause. Heartily support the effort if you can.

School calendar - Secure a copy of the school calendar, which lists the dates school begins and ends and vacation times. Plan family activities accordingly with an emphasis on maximum school attendance.

Sex education - Sex education cannot be adequately taught without morals training, which falls within the family's area of responsibility.

Teacher appreciation - Give your child's teacher an encouraging phone call or personal note. Teachers are often with students for longer periods of time than almost any other adult, yet parents routinely call them only when something goes wrong. You can prevent many problems by keeping in touch and letting the teacher know periodically how you feel about your child's progress.

Telephone conferences - Take advantage of the time schools have built into the regular work day for teachers to have personal conferences with parents by telephone. Remember, however, that your child's teacher needs time outside of the classroom to prepare lessons. Try not to monopolize his/her time.

Textbook review - Know the content of your child's textbooks. It can set the curriculum; so if you have concerns, talk with your child's teacher.

Vote - Be sure to register and to vote for school levies. Schools are supported by public tax dollars that are approved by voters in the community. Roughly 70% of the people in any community do not have children in school.

Resources:

Parenting Classes for Strengthening Families

Bethesda Youth Services
301-229-1347
Quality parent education programs for those who are looking for assistance with the critical job of parenting today's youth.

DADS (Dads Advising Dads)
240-777-4453
Promotes the role of the young father as a respected and responsible partner in parenting.

Family Support Center
301-718-2467
Workshops and ongoing support groups for parents and adolescents.

Head Start
301-230-0676
Parent support and guidelines for parents of preschool children.

Jewish Social Service Agency
301-881-3700
Variety of classes and support groups for parents, children, and adolescents.

Leaders for the 21st Century, Inc.
301-622-5018
Community-based parenting and education for parents to help develop the leaders for the 21st century.

M.O.M.S. (Mothers Offering Maternal Support),
Mental Health Association
301-424-0656
Support groups for teen mothers.

The Parent Connection, Inc.
301-929-2505
Community based, non-profit organization provides classes, information and support.

Parent Education and Responsive Life Skills (P.E.A.R.L.S.)
301-565-9333
Crittenton Services of Greater Washington offers support groups and workshops which offer knowledge about parenting to pregnant women. Some classes are for teen mothers exclusively.

Parent Education/Family Support Program
Montgomery County Public Schools, Dept. of Adult Education
301-929-2025

Parent Encouragement Program
301-929-8824
Offers workshops and classes for parents, teachers and counselors.

Parents After Childbirth Education (PACE)
301-983-9133
Offers classes for parents of infants.

Parenting Resource Centers
Offering Parent-Child Drop-In Programs, where parents and young children can play and learn together and Parent Talk, where parents can share problems and solutions with other parents and a parent educator in a supportive group setting.

Children's Resource Center	301-279-8497
Connecticut Park Center	301-929-2037
Sligo Creek Elementary	301-562-5259
Strawberry Knoll Elementary	301-840-4508
Waters Landing Elementary School	301-601-0360

Parents Supporting Parents
(Mental Health Association of Montgomery County)
301-424-0656
Classes which teach parents how to access resources and cope with stresses of living with a child with a disability.

Parent Warmline
301-929-WARM
Open 24 hours a day, seven days a week, answering your parenting questions.

Project Family Outreach (Community Psychiatric Center, Inc.)
301-656-5220
Parent and child discussion groups in areas such as stress management, self esteem, and communication.

PFLAG (Parents, Families, and Friends of Gays and Lesbians)
301-439-3524
Support group for the parents, other family members, and friends of gays and lesbians.

SUGGESTED PARTY TIPS

When Your Child is Invited To a Party:

Call the host parents and thank them for hosting the party. Offer your assistance with refreshments and/or with supervision. Ask if alcoholic beverages will be served. If you are uncomfortable with their response, you may have to tell your child she/he cannot attend. Don't forget to include transportation arrangements. Know when the party is to begin and when it will end. Make it easy for your child to leave the party if there is any behavior which makes your child feel uncomfortable. Discuss these situations in advance and let your child know it is okay for him/her to call you or another designated adult, whatever the time, for assistance. Make it easy for your child to talk to you when arriving home. Being up and available when your child comes home from a party encourages communication and could alert you to a potential problem.

When Your Child is Having a Party:

Check your child's guest list and party plans. Suggest changes if necessary, but try to be tactful. Set specific beginning and ending times for the party. Consider daytime parties as alternatives to nighttime parties: other party ideas could include; skating, swimming, borrowing a movie from the library, bowling, etc. Set ground rules that are clearly understood by both you and your child in advance. These include:

- No alcohol or other drugs--remember it is illegal to serve alcohol or other drugs to minors, even in a private home. Parents are legally responsible for anything that may happen to a minor who has been served alcohol or other drugs in their home.
- No smoking.
- No leaving the party and then returning.
- Limit the party to a certain area of your house.
- Leave lights on. Try to reconcile your child's plan for the party with your own standards. Don't compromise your standards, but be understanding of your child's feelings.

LEGAL CONSEQUENCES:

Parental Responsibility According to the Law

Did you know that...

Serving Alcohol to Underage Youth

Adults who promote or allow the use of alcoholic beverages on their premises by underage persons face both a criminal and civil liability. If an adult elects to provide or allow the consumption of alcoholic beverages on their premises and the underage person using the alcoholic beverages are not their children, they exposes themself to criminal charges, which could be brought by either parent of the underage person or by law enforcement officials. Parents whose child is illegally served alcoholic beverages have grounds for a civil suit with good prospects of receiving judgment in their favor. If an adult is convicted of contributing to delinquency or a violation of a minor (a criminal charge), the adult could be fined up to $2,500.00 and spend up to three years in

jail. (The minor need not be convicted or found delinquent for the adult to be held responsible.)

Selling or Buying Alcohol for a Minor

Any person who gives or sells alcoholic beverages to an individual under the age of 21 is subject to a first-time fine of up to $500.00.

Using False Identification

Any person who presents false proof of age or an I.D. that is not his/her own for the purpose of purchasing an alcohol beverage or gaining entry to a bar where alcohol is sold may:

- receive a civil citation with penalties.
- receive a traffic summons in which you must appear in court and will need legal representation.
- be jailed for up to 2 months and/or fined up to $500.00.
- receive 12 points on your driver's license (12 points and you lose your license!)

Selling, issuing, or offering for sale blank or incorrect age identification cards can result in a $2,000.00 fine and up to two years in jail for each card sold!

BUYING OR POSSESSING TOBACCO AND RELATED PRODUCTS

Any minor (under 18) may not use or possess any tobacco product or cigarette rolling papers. If caught under this civil offense, he/she might be subject to: referral to a smoking-cessation clinic, assignment to a supervised work program (up to 20 hours), and referral to a State's Attorney office if he/she does not comply.

Montgomery County Public School's Policy was adopted from the Maryland state law effective September 1, 1993. The MCPS Policy prohibits the sale or use of tobacco in any form in school buildings at all times and on school grounds during the official school day. The Policy also enacts a total ban on smoking and on smokeless tobacco products in MCPS buildings, on MCPS property during any MCPS function, in MCPS vehicles, and at MCPS-sponsored functions on or off MCPS property.

When someone is found violating the state law, the minimum action taken would be that the principal (or designee) will notify the parents and have a conference with the student. The maximum action could result in a three-day suspension.

ALSO:

In Montgomery County and in our County Parks

If your child is under 18 and is found in possession of alcohol; is in a car with alcohol; and/or is where alcohol is served, your child can receive a civil citation. If this occurs, you will be notified; your child may be fined; and he/she may be assigned to community service.

If you are 18-20 years old and receive a citation for an alcohol violation you will be required to appear in court. You may also be fined up to $500.00 for a first offense or $1,000.00 for a second offense.

If you are a parent and you've cosigned your child's application for a driver's license, you can contact the Motor Vehicle Administration and have the license revoked.

Parents share the responsibility for reversing the current trends in alcohol and drug use among youth. The bottom line is that it is illegal. There are very costly legal consequences to providing alcoholic beverages to minors.

Resources:

Student Assistance Program

Safe and Drug-Free Schools / Student Assistance Program
301-279-3041
The MCPS Student Assistance Program is a school-based substance use intervention program under the auspices of the Montgomery County Public Schools Safe and Drug-Free Schools Project. The Student Assistance Program is focused on prevention through intervention and is available in middle schools and high schools in Montgomery County Public Schools.

What is it?
Known as the Student Assistance Program (SAP), student assistance is a program whereby school staff members intervene with families whose children may be involved in alcohol or other drug use.

How does the process work?
Anyone (a staff member, parent, student, or community member) may complete an anonymous "concern" form to help a teen in trouble. When the school's Student Assistance team receives a "concern" form, the student's grades, attendance, behaviors and other information is collected from staff members at the school. From this data, the team gets a comprehensive picture of the student's status at school. If there is sufficient data to warrant informing the parents, selected team members invite the parents to meet at school. In a confidential setting, the data is shared with the parents to orient them to the possible problem.

When a parent realizes there's a problem, what help is available?
Students referred through the Student Assistance Program are provided a free assessment by one of 13 MCPS treatment partners. Any of these certified treatment specialists will come to the school to meet with the parents and complete a confidential assessment with the student. The parents may also access the free assessment at a certified treatment program location. The assessor will share the assessment results with the parents and recommend a plan to help the student.

Who will learn about this information?
All information concerning the student, from initial referral to treatment outcome, is confidential and will never be shared with anyone. Nothing regarding the student's involvement with the Student Assistance Program will ever become part of the child's school records.

How long does this process take?
Once a "concern" form has been received by the team, it is usually processed withing a two-week period. Parents are usually notified shortly thereafter and invited to an intervention meeting at the school.

Who can I contact?
Call the middle school or high school where the student attends and ask to speak with the leader of the Student Assistance Program (SAP) team. If you're unsure how to proceed, call the main number at the top of this page.

Chapter II:

Raising A Drug-Free Child:

Teaching Skills for Resisting Alcohol, Tobacco, and Other Drugs

As a parent, the best way to deal with and to ensure the safety and healthiness of your child is to tackle the problem of alcohol and other drug abuse before it arises. Communication is the key and it is never too early to start talking. A well informed child is best prepared to fight off the temptation of alcohol, tobacco, and other drugs. Below are tips to help prevent substance abuse.

Know The Facts

Children often think they are invincible. Dispel the myths about alcohol, tobacco, and other drug abuse. Know the facts. Alcohol related accidents are the number one cause of death for individuals between the age of fifteen and twenty four. Marijuana is psychologically addictive, approximately eighty percent of first-time crack users become instantly addicted, and nicotine is very physically and psychologically addictive.

Be Specific

Set specific rules and regulations for your child. Let them know that under no circumstances do you permit the use of alcohol, tobacco, or other drugs. Be clear about the consequences for breaking these rules and follow through if they are broken.

Be Consistent

Tell your child that your rules apply wherever the child may be. This means no alcohol use on holidays, at weddings, special occasions or family parties.

Follow Through

Whatever the consequences, make sure you follow through. If your child uses alcohol, tobacco, or other drugs, and the consequences are set aside or weakened, he/she will interpret that as a lack of seriousness or sincerity.

Set An Example

Children are great imitators. Often they follow the example set by the parent--good or bad. If a child sees a parent using alcohol, tobacco, or other drugs, they will often follow suit. Parents should know their limit with alcohol and be responsible.

Get Involved

Get involved in your child's life. Know what your kids are doing and who they are doing it with. Encourage healthy activities and talk with your kids. Two-way communication is extremely important.

Resources:

Prevention of Alcohol, Tobacco, and Other Drug (ATOD) Use/Abuse

Drawing the Line
240-777-1123
Montgomery County's program designed to reduce the incidence of underage drinking. A monthly calendar listing ATOD-free activities is distributed in public libraries and high schools at the beginning of each month.

Safe and Drug-Free Schools of Montgomery County
301-279-3041
Programs that educate students in grades K-12 and their parents about the dangers of alcohol, tobacco, and other drug use and promote healthy lifestyles and good communication.

Montgomery County Community Partnership
301-929-8550
The Partnership mobilizes the community through task forces to address key drug abuse prevention issues. It also provides prevention-related training, technical assistance, and community outreach. The Partnership's Prevention Center provides prevention information and referral. The Prevention Center has over 400 videotapes, over 450 books, and many free brochures, pamphlets, and posters. Most services are free.

Mothers Against Drunk Driving (M.A.D.D.)
301-949-1222 Fax number: 301-949-1204
Programs to prevent drinking and driving.

Students Against Driving Drunk (S.A.D.D.)
240-777-6961
High school program to prevent alcohol and other drug-impaired driving.

Parent Power

Using Teachable Moments

1. An important aspect of teaching about drugs is to listen carefully to the child's views.
2. Drugs are a part of our society and are all around us; it is the parents' right and responsibility to be active in the drug education of the child.
3. Emphasize the immediate negative consequences of substance abuse. Long range risks are of no value in deterring experimentation or use.
4. Dispel the myth that everyone is doing it.
5. Teach them "refusal skills." Teach them how to resist the social influences and still be accepted by their peer group. Rehearse situations they may be confronted with and how they can get out of it or delay a decision.
6. Make them aware of advertising techniques that promote the myths about drugs and alcohol use.
7. Stress the fact that drug/alcohol induced "highs" are short-lived and not long-lasting concrete experiences . Highs achieved through hard work and effort are fond memories and can be recreated.
8. Parents, share your own personal experiences, both negative and positive. Be honest. Let your children know that adolescence is not an easy, fun-loving time. Share with them that it is a time of difficult decisions and explorations.
9. Parents are significant models for their children in all respects including drug use. Children imitate behaviors and learn attitudes about drugs from important adults in their lives, especially parents.
10. Drinking behaviors are learned through observing and imitating parents, other adults and peers. Some children drink because a) it appears to produce feelings of pleasure and b) because it is a symbol of adulthood to them and they want to be like those adults they look up to.
11. An exchange of views and beliefs is more effective than parental "scare tactics."

Common Sense Tips

The Prevention Center and members of the Montgomery County Community Partnership would like to encourage you to:

- Know your child's friends as well as their parents.
- Know where your children are, and let them know where you are.
- Be aware or ask to be awakened when your children and their friends come home at night.
- Assure your children that they can telephone you to be given a ride home whenever needed without questions and reprisals.
- Call other parents about activities and parental supervision, and make sure there will be no alcohol or other drugs served.
- Be consistent with set curfews on weekdays and weekends.
- Be visible hosts.
- If you suspect any youth to be stoned, high or drunk, call the parents and be willing to provide a ride to protect that youth. Be prepared to call the appropriate law enforcement agency if necessary.
- Take a firm anti-drug/alcohol stand. Children learn by role models.

Resources:

Children's Clubs and Organizations

B'nai B'rith Youth Organization
301-984-6073
Social, athletic, community service, cultural, leadership and religious programs for Jewish youth in grades 9-12.

Boy Scouts of America
301-530-9360
Extensive program which teaches skills, leadership, and citizenship to boys from elementary school through high school.

4-H Club
301-590-9638
Programs and classes for children including communication and practical skills.

Boys and Girls Clubs of Greater Washington
301-593-4600
Many activities for boys and girls ages 7-17. Also counseling, job referrals and educational assistance.

Noyes Children's Library
301-929-5533
Extensive children's book collection.

SMYAL (Sexual Minority Youth Association League)
202-546-5911
Programs for support, leadership, and social activities for gay, lesbian, bisexual, and transgender youth (from ages 13 to 21).

10 Ways to Help Your Child Say "NO"

1. Learn the facts and talk to your child about alcohol and other drugs.
2. Learn to not only hear what your child is saying, but to listen to what he or she is saying.
3. Build self-confidence in your child so he or she will feel good about himself or herself.
4. Teach your child strong values.
5. Be a good role model or example.
6. Help your child deal with peer pressure.
7. Know what to do if you suspect a problem.
8. Encourage healthy, creative activities.
9. Join with other parents or other community organizations, to help create a good school and community environment for your children.
10. Create family policies to help your child say "NO".

If you are interested in learning more about the above skills you may contact The Montgomery County Community Partnership's Prevention Center at 301-929-8550.

Chapter III:

How To Get Your Child the Help He or She Needs

Please remember that these symptoms do not necessarily mean there is a drug problem. They could be just variations of normal behavior or indicate other health problems. It is impossible to predict exactly how a person will behave while under the influence of drugs including alcohol. Not all drugs produce similar effects, but overall there are warning signs that may indicate a problem.

In other words, signs are not proof.
Conclusions should be based on fact, not assumption.

Signs of Drug Use

CHANGING PATTERNS OF...

PERFORMANCE:
- Grades beginning a downward trend--not just C's to F's, but A's to B's and C's.
- Tardiness, skipping classes and a failure to turn in assignments, especially when this is inconsistent with past performance.

APPEARANCE:
- Indifference to hygiene and grooming.
- Bloodshot eyes, dilated pupils, and wearing sunglasses, even when indoors.
- Change in clothing, jewelry and hair styles completely unlike his or her previous style.

BEHAVIOR:
- Changing friends or reluctance to discuss new friends.
- Increasing anger, hostility, irritability, secretiveness.
- Stealing from family and friends.
- Losing interest in activities and hobbies that were once important.
- Reducing motivation, energy, self-discipline, and self-esteem.
- Feeling or appearing depressed over a period of time.
- Rebelliousness against set rules and regulations.
- Argumentativeness and an increased unwillingness to discuss opposing ideas or feelings.
- Isolation.

When a Kid is High or Drunk

What To Do If Your Son or Daughter Comes Home Drunk or Stoned

That Night:

Do Try to remain cool and calm.

Verbally attempt to find out what substance they have ingested and under what circumstances.

If your son or daughter is incoherent and/or quite ill, call a doctor or take them to the emergency room.

Tell them you will talk about this tomorrow.

Send them to bed and check frequently during the night.

Don't Shout at, accuse, or physically abuse your child. All this is quite useless when they are in this condition. (Shouting at, accusing, and physically abusing your child is not useful at ANY time!)

The Next Day:

Do Have them assume responsibility for their actions, including clean-up.

Have a talk with your son or daughter immediately.

If your son or daughter is incoherent and/or quite ill, call a doctor or take them to the emergency room.

Try to find out the circumstances under which they came to use drugs/alcohol, including the people he/she was with.

Let your child know you do not condone this behavior and you will be watching him/her closely in the future.

Establish guidelines for behavior with your son/daughter as well as curfews for going out with friends. Expect compliance.

Consider with your child alternative activities to avoid repeat exposure to drugs/alcohol.

Don't Have your discussion with your son/daughter if you are too angry to talk about it without losing your temper. Wait until you can discuss it calmly. Don't try to hide the incident from other family members.

Confronting the Drug Issue

Confront the Issue: Be open and honest about your feelings but don't let anger or fear overwhelm your effectiveness in communicating with your child. Very little good comes out of an emotionally charged situation. Take a walk and cool down before considering the best way to respond. Don't confront when either you or your child is "high" or drunk - it's just a waste of time. There are healthy and unhealthy ways to respond to a problem. Healthy responses take time, energy and planning.

Don't Minimize and Deny: Sometimes, even in the face of unalterable facts, we as parents, want to believe otherwise. Putting your head in the sand may be comforting, but it is also counterproductive. Under-reacting is as harmful as over-reacting.

Treat the Behavior: Name calling, scolding, blaming, and threatening can create bitterness. Mutual respect should be safeguarded, especially when serious problems arise.

Don't Be Afraid to Set Standards: One of the comments counselors often hear from adolescents is that parents have not taken a stand at appropriate times. Often they wish parents would say "NO" clearly and firmly. Not taking a stand may lead the adolescents to wonder if their parents really care for them. Failing to carry through with promised consequences is often more damaging than having no consequences at all.

For the Time Being, Don't Ask Why: Sometimes parents are made to feel guilty when problems arise with their children. The home environment is only one of the several forces affecting your child. If you feel guilty, your child can more easily exploit these feelings in order to avoid the real issue. For the time being, work with what's happened rather than why it happened.

Ask for Help: There are many confidential resources available to parents - if you'll only ask. They can help you sort out whether there is a serious problem and what you might do about it. You can ask another adult, school counselor, social worker, school psychologist, or professional alcohol or drug counselor for advice.

Collect Information
Suspend Judgment
Ask for Help and Support

Resources:

HelpLines for Parents (not 24-hour)

(If you are in need of more immediate help,
please see the section entitled "In Crisis Situations" under Chapter IV)

Hispanic Hotline
301-230-3073
For school-related questions.

Montgomery County Community Partnership's Prevention Center
301-929-8550
Information and referrals regarding problems with alcohol, tobacco, and other drugs.

Parenting Helpline, Montgomery County Public Schools
301-942-5370
Schools, parenting, child development, and home and school issues
8:30 A.M.-5:00 P.M. weekdays.

Types of Treatment Programs Available

Detoxification:

Medically supervised detoxification is a three to seven day inpatient admission designed to ensure the safety and well-being of patients experiencing alcohol withdrawal syndrome and/or suffering from other ailments related to their chemical abuse.

Inpatient Treatment:

A 28-day residential program provides a structured supportive environment for those chemically dependent persons with intensive counseling needs and/or relapse risk that would be unmanageable outside an inpatient setting.

Outpatient Treatment:

Outpatient treatment can range from four to nine months depending on the individual progress of each patient. Through education and counseling, both in group and individual therapy sessions, each patient will learn the skills necessary to recognize and resolve personal issues vital to recovery.

Self-Help Support Groups:

Self-help support groups are introduced at the very beginning of any level of treatment and include A.A., N.A., ALANON, Co-dependency groups, Alateen, ACOA and children's recovery programs.

Getting Assistance

I. Referrals are most commonly made by professionals who may come in contact with a patient with a dependency problem. These may include employee assistance program coordinators, private therapists, social workers, parole officers, court system, family and friends of the sufferer.

II. Referrals are encouraged and successful when the dependent person admits he/she has a problem and is willing to accept a recommendation to pursue treatment. Otherwise, motivating a dependent person for treatment will be a long, uphill battle.

III. Referrals are made by matching the client's health care benefits to the agency accepting their benefit plan. In the case where there are no existing insurance benefits, referrals are made to several area treatment agencies functioning on a sliding fee scale basis. Also, a consideration should be made when making the referral to match the agency to the client's geographic location making treatment convenient and accessible to both the client and his/her family members.

IV. Referrals can be made by contacting the listed treatment programs available or by contacting the employee assistance coordinator within your agency or company. (You may also qualify to use an Employee Assistance Program at a family member's place of employment). All calls remain strictly confidential.

Resources:

Counseling, Therapy, and Treatment Services

Adult Addiction Treatment Program,
Montgomery County Government
For People over 18 years of age: 240-777-1680
Lawrence Court Halfway House: 301-279-1202

Affiliated Community Counselors
301-251-8965
Individual, couples, and family counseling and therapy.

Adolescent Treatment and Family Therapy Services,
Montgomery County Government
For adolescents: 240-777-1470
For children, 12 years of age and under: 240-777-1450
Family, individual, and group counseling for youth exhibiting problem behaviors as a result of alcohol and other drug abuse or emotional disorders. Available only to Montgomery County residents who do not have insurance coverage for these services.

AMIGO
301-978-9750
Free counseling for Spanish-speaking individuals and families with children attending Rolling Terrace, New Hampshire Estates, Piney Branch, Highland, and Highland View Elementary Schools.

Area Hospitals
Local hospitals provide affordable, professionally run educational/support programs. Some have in-patient abuse programs. Most offer group support to adolescents and young adults. Contact the hospital directly to find out what programs and services are available.

Washington Adventist Hospital	301-891-7600	TTY: 301-891-5081
Shady Grove Adventist Hospital	301-279-6000	TTY: 301-279-6330
Doctor's Community Hospital	301-552-8118	
Holy Cross Hospital	301-754-7160	
Suburban Hospital	301-896-3100	TTY: 301-896-2010
Montgomery General Hospital	301-774-8882	

Catholic Charities of the Archdiocese of Washington
301-942-1856
Professional counselors and counseling services for families, adolescents, and individuals of all faiths.

Child and Adolescent Community Support Services,
Montgomery County Government
240-777-1385
Counseling services for families including children under 18. Available only to county residents who do not have insurance coverage for these services.

(continued on next page)

Child Center and Adult Services
301-978-9750
Twelve-session counseling program for children ages 6-12 and their parents.

Child and Adolescent Outpatient Treatment Services
Children: 240-777-1450
Adolescent: 240-777-1470
Evaluation and treatment of children with emotional disorders and counseling for their parents.

Children of Separation and Divorce Center
301-610-5666
Parenting seminars and individual counseling for families experiencing divorce.

Children's Services, Jewish Social Service Agency
301-881-3700
Individual, family, and group counseling for parents, families, and adolescents. Available to the general public.

Community Psychiatric Clinic
301-656-5220
Counseling services for individuals, families, abused children, and couples. Addiction treatment also available.

English as a Second Language (ESOL)
Program of Montgomery County Public Schools
Parent Center: 301-230-0674
Counseling Center: 301-230-0675
Programs offer information and counseling services to parents in Spanish, Chinese, Vietnamese, Cambodian, Russian, French, Yiddish, Hindi, and Korean.

A Family Place
301-929-0262
Support groups and counseling for families affected by alcohol or drugs. A 6-week program for children ages 6-11 and 12-16 is offered.

Family and Marriage Therapy Center, Inc.
301-421-9100
Family, couples, individual, and group therapy sessions are available to facilitate the process of conflict resolution and personal growth as well as hypnosis, stress management, and wellness workshops.

Family Services of Montgomery County
301-840-2000
Counseling services for couples, families, individuals, children and adolescents.

Frost Counseling Center
301-933-9033
Individual, group, and family counseling for children, and adolescents.

Jewish Social Service Agency
301-881-3700
Variety of classes and support groups for parents, children, and adolescents. Available to the general public.

Karma Academy for Boys
301-340-8880
Intensive therapeutic residential services for young men who, because of alcohol or other drug abuse or behavioral problems, are not manageable at home. For ages 14 and up.

Make It Work: Workshop for Divorcing Families (Community Psychiatric Center, Inc.)
301-656-5220
Courses for parents and children experiencing divorce.

Mental Health Association of Montgomery County
301-424-0656
Programs for children, adolescents, and youth that promote emotional wellness.

Montgomery County Public Schools Counseling and Guidance Department
301-279-3584
Most public schools have a guidance counselor who can provide referrals to a variety of services.

School Health Services
Contact the nurse at your child's school. Counseling, support groups, and referrals are available.

Youth Services
Offer discussion groups and counseling for parents, adolescents, and children.

Bethesda Youth Services:	301-229-1347
Gaithersburg GUIDE:	301-590-9864
Kensington/Wheaton Youth Services:	301-933-2818
Olney GUIDE:	301-774-3581
Rockville Youth Services:	301-309-3390
Silver Spring Youth Services:	301-593-1160
Upcounty GUIDE:	301-972-0307

Other Important Numbers:

Chapter IV:

Where To Find the Help You Need

Child Care

Children's Resource Center
301-279-1260
Resources for child care providers and parents who have questions about child care, parenting, and child development.

Locate Child Care
301-279-1773
Referrals to child care in the county.

Working Parents Assistance Program
240-777-1155
Assistance for low income families in paying for day care services.

Tutoring and Mentoring Programs

Bridges to Pals Program
301-424-0656
Mentoring program for children and youth ages 7-17.

Leaders for the 21st Century
301-622-5018
Mentoring program for children in grades 3-8.

SHARP Suspension Programs
301-933-5691
Community-based programs offering safe, supervised places for suspended students to serve out their suspensions while receiving academic and emotional support from trained, screened adult volunteers.

Resource Centers and Libraries

Noyes Children's Library
301-929-5533
Contains large collection of children's books and offers programs for children.

Children's Resource Center
301-279-1260
Resources for child care providers and parents who have questions about child care.

Montgomery County Community Partnership's Prevention Center
301-929-8550
Videotapes, books, and literature on preventing problems related to alcohol, tobacco, and other drugs. Telephone information and referral service also available. Prevention information and training available to the community at no charge.

Montgomery County Library System
240-777-0001
Every library in the county contains materials relevant to the challenge of parenting. Also, many current activities and programs for parents and families are listed on the bulletin boards of libraries.

Wheaton Regional Library Health Information Center
301-929-5520
Unique to Montgomery County Libraries, the Health Information Center has one of the area's most complete collections of up-to-date health-related materials, as well as access to many computerized health information sources.

Single and Divorcing Parents

Children of Separation and Divorce Center
301-610-5666
Parenting seminars and individual counseling for families experiencing divorce.

Crossway Community
301-929-2505
Comprehensive transitional housing services for single parent families. Classes in life skills and parenting.

Fathers United for Equal Rights
301-927-7638
Education and referral regarding divorce and custodial care. Support groups for fathers.

Jewish Social Service Agency
301-881-3700
Wide variety of classes and support groups for parents, children, and adolescents available to the public.

Parents Without Partners
202-638-1320
Self-help and social group for single parents and their children.

Project PRIDE
301-983-4200 ext. 11
Jewish non-sectarian support group for single parents and their children.

SPARK, Inc.
301-598-6395
Committed to the success and well-being of the single parent family.

Women's and Mothers' Services

Commission for Women Counseling and Career Center
301-279-1800
Courses, services, and support groups for women.

La Leche League
202-269-4444
Offers support and expertise to mothers who want to nurse their babies.

Parent Education and Responsive Life Skills (PEARLS)
301-565-9333
Crittenton Services of Greater Washington offers support groups and workshops which offer knowledge about parenting to pregnant women. Some classes are for teen mothers exclusively.

Men's and Fathers' Services

DADS (Dads Advising Dads)
240-777-4453
Promotes the role of the young father as a respected and responsible partner in parenting.

Fathers United for Equal Rights
301-927-7638
Education and referral regarding divorce and custodial care. Support groups for fathers.

Self-Help and Support Groups

Adult Children of Alcoholics (ACOA)
202-882-1334
Support self-help groups for people who grew up in a household in which one or both parents had a problem with alcohol.

Alateen
202-882-1334
Self-help support groups for teenagers who have a relative or friend who abuses.

Al-Anon
202-882-1334
Self-help support groups for people who have a relative or friend who abuses alcohol. An Al-Anon meeting specifically for parents meets Wednesday evening in Potomac.

Alcoholics Anonymous
202-966-9115
Spanish language service (202) 797-9738 Self-help support groups for people who abuse alcohol.

AMICAN
301-949-5852
Support group for parents of children and adolescents with mental illness or serious emotional disturbances.

Commission for Women Counseling and Career Center
301-279-1800
Courses, services, and support groups for women.

Crittenton Services of Greater Washington
301-565-9333
Support groups and workshops offer knowledge about parenting to pregnant women; some classes are for teen mothers exclusively.

Ephesians 5:18
301-439-7191
Christian-based support groups for alcohol and drug abuse, DWI educational classes, codependency groups, and survivors of sexual abuse.

A Family Place
301-929-0262
Support groups and counseling for individuals and families affected by alcohol or other drug abuse.

Family Support Center
301-718-2467
Workshops and ongoing support groups for parents and adolescents.

Fathers United for Equal Rights
301-927-7638
Education and referral regarding divorce and custodial care. Support group for fathers.

Making a Better Choice
301-230-3088
Program that strengthens the pre-school family by promoting wellness and safety.

Mental Health Association of Montgomery County
301-424-0656
Programs for children, adolescents, and youth that promote emotional wellness.

M.O.M.S.: Mothers Offering Maternal Support
301-424-0656
Support groups for teen mothers.

The Open Door
24-Hour Crisis Line: 301-770-0193
Toll-Free Line: 1-800-486-6736
Administrative Office: 301-589-8444
Co-ed 15-day crisis intervention shelter for adolescents between 12 & 17 years of age.

Operation Runaway
301-251-4545
Support groups for adolescents who are contemplating running away from home, or who already have run away,and their parents.

Parent Education/Family Support Program, Montgomery County Public Schools, Department of Adult Education
301-929-2025
Many classes and support programs for parents.

Parents Anonymous
301-941-8316
In Espanol: 301-941-8317
Collect calls are encouraged
Self-help group for parents who want to improve their parenting skills and may have problems expressing their anger and frustration without using violence.

Parents and Friends of Lesbians and Gays
301-439-3524
Support group for parents, family, and children of lesbians and gays.

Parents Supporting Parents
301-424-0656
Support group for parents of emotionally troubled children.

Parent Survival Training
301-770-0194
Peer support group for parents of teenagers.

(continued on next page)

Project Family Outreach
301-656-5220
Parent and child discussion groups in areas such as stress management, self esteem, and communication.

Project PRIDE
301-983-4200 ext. 11
Jewish non-sectarian support group for single parents and their children.

Survivors of Incest, Anonymous
202-298-9750

Youth Services
Offer parent's discussion groups and counseling, and programs and counseling children and adolescents.

Bethesda Youth Services:	301-229-1347
Gaithersburg GUIDE:	301-590-9864
Kensington/Wheaton Youth Services:	301-933-2818
Olney GUIDE:	301-774-3581
Rockville Youth Services:	301-309-3390
Silver Spring Youth Services:	301-593-1160
Upcounty Youth Services:	301-972-0307

Services for Families

Living with a Person Who Has a Disability

Alliance for the Mentally Ill of Montgomery County
301-949-5852
Programs and support groups for parents, siblings, and individuals with neurobiological disorders.

Commission of People with Disabilities, Montgomery County Government
240-777-1246
Referral service to many resources for families dealing with a disability.

Jewish Social Service Agency
301-881-3700
Wide variety of classes and support groups for parents, children, and adolescents who are living with a disability.

Mental Health Association of Montgomery County
301-424-0656
Many programs for children, adolescents, and youth that promote emotional wellness for people living with a disability.

Montgomery County Department of Recreation
Southeast Region: 301-565-7494
Southwest Region: 301-983-4467
Northwest Region: 240-777-6940
Northeast Region: 301-572-7004
Contact your region to see what activities are offered.

Montgomery County Federation of Families for Children's Mental Health
301-963-0625
Support to any parent or family member with children and adolescents experiencing serious emotional, behavioral, or mental health disorders.

Parents Supporting Parents
301-424-0656
Support group for parents of emotionally troubled children.

Services in Languages Other Than English

Alcoholics Anonymous, Spanish language
202-797-9738
Support self-help group for people who abuse alcohol.

AMIGO
301-978-9750
Free counseling for Spanish-speaking individuals and families in Rolling Terrace, New Hampshire Estates, Piney Branch, Highland, and Highland View Elementary Schools.

English as a Second Language (ESOL)
Program of Montgomery County Public Schools
Parent Center: 301-230-0674
Counseling Center: 301-230-0675
Services offered in Spanish, Chinese, Vietnamese, Cambodian, Russian, French, Yiddish, Hindi, and Korean.

Takoma East Silver Spring (TESS) Community Center, Silver Spring
301-565-7675
Problem-solving assistance including income tax help, legal aid services, food stamp assistance, public assistance, emergency transportation, and refugee resettlement unit. Services in English, Spanish, and Vietnamese.

In Crisis Situations:

Hotlines: 24-Hour

Abused Persons Hotline (Adults)	**240-777-3000**
AIDS Hotline (National)	**1-800-342-AIDS**
AIDS Hotline (Spanish)-Daily, 8 a.m.-2 a.m.	**1-800-344-7432**
AIDS Hotline (TDD) M-F, 8 a.m.-2.a.m.	**1-800-243-7889**
AIDS Hotline (Maryland)	**1-800-638-6252**
Cocaine Hotline	**1-800-COCAINE**
Crisis Center, Montgomery County	**301-315-4000**
Drug Tip Hotline	**240-777-5399**
Federal Bureau of Alcohol, Tobacco and Firearms (To anonymously report suspicious gang, gun, or drug activity.)	**1-800-ATF-GUNS**
Montgomery County Child Safety Seat Hotline	**240-777-3660**
National Runaway Hotline	**1-800-621-4000**
Open Door Runaway Program	**301-770-0193**
Party Buster Hotline (to report stores) (To anonymously report stores that sell alcohol to minors or to report under-age alcohol parties before they take place. For under-age parties already in progress, call 301-279-8000.)	**240-777-1986**
Sexual Assault Hotline	**301-315-4357**
Youth Crisis Hotline	**1-800-422-0099**

Abused Persons, Children, and Spouses

Abused Persons Program, Montgomery County Government
240-777-4210
Crisis intervention, counseling, shelter, support and advocacy for persons being physically, sexually, or emotionally abused and their abusers.

Child Abuse Hotline
240-777-3502
Call to anonymously report actual or suspected cases of sexual or physical abuse or neglect.

Child Protective Services, Montgomery County Government
240-777-3502
To report suspected cases of sexual or physical abuse, or neglect.

Human Relations Commission, Montgomery County Government
301-468-4265
Call to report cases of discrimination or physical injury due to discrimination.

Sexual Assault Service, Montgomery County Government
301-315-4357
Provides crisis counseling, support and advocacy to women and men of all ages who have been raped or experienced other types of sexual abuse.

Bereavement, Death, and Dying

Jewish Social Service Agency
301-881-3700
Variety of classes and support groups for parents, children, and adolescents.

Montgomery Hospice
301-279-2566
Provides care and support to terminally ill patients in their homes.

Seasons: Suicide Bereavement
301-493-8302
Self-help support group for families and individuals who have experienced a loss by suicide.

Other Important Numbers:

If you're unsure of the services that you need,
call the Montgomery County Crisis Center at 301-315-4000

Health Services

AIDS Program, Montgomery County Government
240-777-1869
Information, anonymous and confidential testing.

Child and Adolescent Health Program, Montgomery County Government
240-777-1600
Child health clinics offer medical and health screening and immunizations.

Community Clinic, Inc., Rockville
301-762-9426
Routine general medical services, and legal clinic.

Germantown Health Center, Germantown
240-777-3380
Family health care including dental, maternity, family planning, and immunizations.

Health Care for the Homeless, Community Clinic, Rockville
301-762-9426
Primary health care to homeless men, women, and children.

HIV & Sexually Transmitted Diseases (STD's) Testing Program Dennis Avenue Health Center
240-777-1760
Anonymous and confidential testing.

Mobile Medical Care
301-493-2400
Family health care in many locations around the county.

Piccard Drive Health Center, Rockville
240-777-3987
Family health care including dental, maternity, family planning, and immunizations.

Silver Spring Health Center, Silver Spring
240-777-3160
Family health services including TB testing for children and immunizations.

Whitman-Walker Clinic
301-434-0731
Referrals and peer counseling for persons living with HIV

Housing and Shelter

Baptist Home for Children
301-365-4480
Long-term group residential care for adolescents ages 12-19. Homeless shelter for families. Family counseling.

Boys and Girls Homes of Montgomery County
301-589-8444
Permanent group housing and temporary shelter for adolescents in eight facilities around the county. Foster care. Family and individual counseling.

Catholic Charities of the Archdiocese of Washington
301-942-1856
Counseling of families and unwed parents. Foster homes and group homes for infants, children and adolescents.

Crossway Community
301-929-2505
Comprehensive transitional housing services for single parent families. Classes in life skills and parenting.

Housing Opportunities Commission, Montgomery County Government
301-929-6700
Information about low income housing in the county.

Karma Academy for Boys
301-340-8880
Intensive residential counseling services to young men ages 13-17 1/2 who are not manageable at home. Includes education and recreation programs.

Open Door
301-770-0193
24-Hour shelter for abused, neglected, or runaway youth (from ages 12 through 17).

PLEASE NOTE: The Montgomery County Community Partnership does not endorse the services in this Parent Resource Guide, nor assume legal responsibility resulting from use of these services. This Parent Resource Guide is not intended to reflect all available resources to parents in Montgomery County, but is designed to serve as a handy resource for parents, youth, and families. Your comments about the usefulness of the Parent Resource Guide are welcome.

Other Important Numbers:

If you're unsure of the services that you need,
call the Montgomery County Crisis Center at 301-315-4000